



AVAMERE  
HEALTH & FITNESS CLUB

### Aquatic Class Schedule

- Legend:
- = Moderate to low intensity class
  - = High intensity class
  - = Specialty class (inquire about cost and availability)
  - = Open use (shared time, no group activities, lap swimming, water walking, and independent exercise only)

### Aquatic Center Hours

**Monday – Friday** 5:30 a.m.-8 p.m.  
**Saturday** 9 a.m.-4 p.m.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	Open No Rope	Open No Rope	Open	Open No Rope	Open	Closed
7:45 a.m.	Open No Rope	<b>Volleyball</b> Third Tues. 7:45-8:45	Open	Open No Rope	<b>Volleyball</b> 8-8:45	Closed
8:15 a.m.	Open No Rope	<b>Stretch Class</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Tues. 8:15 – 8:45	Open	Open No Rope	Open No Rope	Closed
9:00 a.m.	Open No Rope	<b>Aqua Tone*</b> 9-9:45	Open	<b>Aqua Tone*</b> 9-9:45	Open No Rope	Open No Rope 9
9:30 a.m.	<b>Makin' Waves*</b> 9:30 - 10:15	Open 10-10:45	<b>Makin' Waves*</b> 9:30 - 10:15	Open 10 - 10:45	<b>Makin' Waves*</b> 9:30-10:15	Open No Rope
11:00 a.m.	<b>Aqua Arthritis</b> 11-11:45	<b>Joints in Motion</b> 11-11:45	<b>Aqua Arthritis</b> 11-11:45	<b>Joints in Motion</b> 11-11:45	<b>Aqua Arthritis</b> 11-11:45	Open No Rope
1:15 p.m.	<b>Healthy Hinges</b> 1:15-2	Open No Rope	<b>Healthy Hinges</b> 1:15-2	<b>Special Aquatic Ed.*</b> 2:30-3:30	Open	Open No Rope
3:00 p.m.	<b>Aqua Fusion</b> 3-3:45	Open	<b>Aqua Fusion</b> 3-3:45	<b>Special Aquatic Ed.*</b> 2:30-3:30	<b>Special Aquatic Ed.*</b> 4-5	Closed 4
5:15 p.m.	<b>H2O Fitness</b> 5:15-6	<b>H2O Fitness</b> 5:15-6 <b>Volleyball</b> First Tues. 6:15-7	<b>H2O Fitness</b> 5:15-6	<b>H2O Fitness</b> 5:15-6	Open No Rope	Closed
7 p.m.	Open No Rope	Open	Open No Rope	Open	Open No Rope	Closed
8:00 p.m.	Closed	Closed	Closed	Closed	Closed	Closed

\*Open to class attendees only